aggression

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Definition:

An act that is intended to cause harm to another person either verbally or physically.

- **Violence:** It is a form of destructive behavior that can endanger life or produce adverse effects on victims.
- **Excitement :** It is the increased psychomotor activity and, often accompanied by automatic hyperactivity.

Factors affecting aggression:

1- Psychological Factors

- **Instinctive Behavior**: Aggression is an innate drive for destruction (thanatos) Freud believed that human behavior stemmed from complex interplay between two basic instincts (Eros life which is directed toward the enhancement or reproduction of life) and (thanatos, which is the drive towards death and self-destruction).

- **Lorenz's View:** Aggression springs from a fighting instinct that humans share with other organisms and served important functions to protect human territory. He viewed aggression as a useful goal to direct behavior leading to creativity and environmental mastery, so he considered that civilization was reached through aggressive behavior.

Learned Behavior: Aggression is primarily a learned form of social behavior one that is acquired and maintained in much the same manner as other forms of activity. According to Albert - 62 - Bandura, neither innate urges toward violence nor aggressive drives aroused by frustration are the roots of human aggression.

2-Social Factors

- **Frustration** Frustration always leads to a form of aggression
- **Direct Provocation** Evidence indicates that physical abuse and verbal taunts from others often elicit aggressive actions.
- **Media Violence** Media may influence behavior through modeling, disinhibition, desensitization, the arousal of aggressive feelings, and the encouragement of risk taking.

3- Environmental Factors

- **Air Pollution** Exposure to noxious odors, such as those produced by chemical plants and other industries, may increase personal irritability and, therefore, aggression, although this effect appears to be true only up to a point. If the odors in question are truly foul, aggression appears to decrease perhaps because escaping from the unpleasant environment becomes a dominant goal for those involved.

- **Noise** Several studies have reported that persons exposed to loud, irritating noise direct stronger assaults against others than those not exposed to such environmental conditions.

- **Crowding** Some studies indicate that overcrowding may produce elevated levels of aggression, but other investigations have failed to obtain evidence of such a link. Crowding may enhance the likelihood of aggressive outbursts when typical reactions are negative (e.g., annoyance, irritation, and frustration).

4- Situational Factors

- **Heightened Physiological Arousal** Some research indicates that heightened arousal stemming from such diverse sources as participation in competitive activities, vigorous exercise, and exposure to provocative films enhances overt aggression.

- **Sexual Arousal** The effects of sexual arousal on aggression depend strongly on the erotic materials used to induce such reactions and on the precise nature of the reactions themselves.
- **Pain** Physical pain may arouse an aggressive drive the motive to harm or injure others.

5- Biological Factors

- **Neuroanatomical Damage** Researchers investigating the association between head injury and violent behavior have been careful to point out that the linkage of physical abuse, head injury, and violence is uncertain, although most studies do show an association between early physical abuse and later aggressive behavior.

- **Neurotransmitters** Generally, cholinergic and catecholaminergic mechanisms seem to be involved in the induction and enhancement of predatory aggression, whereas serotonergic systems and (GABA) seem to inhibit such behavior. The catecholaminergic and serotonergic systems evidently modulate affective aggression. Dopamine seems to facilitate aggression, whereas norepinephrine and serotonin appear to inhibit it.

6-Genetic Factors

- **Twin Studies** Concordance rates for monozygotic twins is higher than dizygotic as regards aggressive behavior..

- **Pedigree Studies** Several studies show that persons with family histories of mental disorders are more susceptible to mental disorders and engage in more aggressive behavior than those without such histories.
- **Chromosomal Influences** Abnormalities in X and Y chromosomes, particularly the 47-chromosome XYY syndrome.

Prevention

1- Punishment: immediately but may lead to opposite results.

2- Catharsis: Providing an angry persons with opportunities to engage in expressive but non injurious behaviors will reduce their tension, arousal and weakness and their tendency to engage in overt acts of aggression, but does not usually work

3- Social skill training

4- Drug treatment:

- Drugs promote serotonin (decrease impulsivity as antidepressants).
- Drugs block dopamine (diminish drive and motivation for aggression) (antipsychotics).
- Mood stabilizer (lithium) to reduce bouts of aggression.

5- Psychosurgery:

- Amygdalectomy
- Cingulotomy
- Temporal lobectomy